

# Here's what you can do to #FreeYourFeels this weekend!

June 25 | 11 AM | Virtual

[The Laughter Club – Boost Your Brain  
Power with Laughter](#)

June 25 | 3 PM | Virtual

[Sonder Socials by Silk + Sonder  
Exclusive Cooking Activity: Ginger  
Chicken Stir-Fry with Summer  
Squash Cooking Event](#)

June 26 | 4 PM | Virtual

[Sonder Social: Plan Your Upcoming  
Week!](#)

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your  
FEELS™

